

1. A method of preparing bagel ingredients to form an English muffin bagel,

characterized by:

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- a) mixing a bagel-dough mix;
  - b) kneading said bagel-dough mix;
  - c) letting said bagel-dough mix rise in a warm environment to form first-rise bagel dough;
  - d) shaping said first-rise bagel dough into individual bun portions;
  - e) letting said bagel-dough individual bun portions rise in a warm environment to form second-rise bagel dough individual bun portions;
  - f) proofing said second-rise bagel dough individual bun portions in a warm environment for a proof time greater than the sum of rise times in steps c and e to form English muffin bagel dough individual bun portions;
  - g) omitting any boiling step; and
  - h) baking said English muffin bagel dough individual bun portions to form completed English muffin bagels.


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2. A method of preparing bagel ingredients to form English muffin bagels, according to Claim 1, in which step (h) is preceded by an intermediate step (f.1) of water-misting, and coating top and bottom surfaces of said English muffin bagel individual bun portions with a thin layer of cornmeal.

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3. A method of preparing mixed bagel dough ingredients to form English muffin bagels,

characterized by

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- a) a first rising step;
  - b) a second rising step;
  - c) any boiling step is omitted;
  - d) a long proofing step in which maximum rising for the yeast nutrients present is approached; and
  - e) a baking step, resulting in an English muffin bagel.

4. A method of preparing bagel ingredients to form English muffin bagels according to Claim 3, in which said long proofing step takes 3 hours.
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8. An English muffin bagel prepared from mixed bagel dough ingredients by the process

characterized by:

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- a) a first rising step;
  - b) a second rising step;
  - c) la long proofing step in which maximum rising for the yeast nutrients present is approached, resulting generally in the bagels expanding beyond standard bagel rising, partially closing the navel, and touching adjacent bagels to form bite marks;
  - d) omitting any boiling step; and
  - e) a baking step;
  - f) resulting in an English muffin bagel of texture intermediate the standard bagel and the standard English muffin.
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